LUNCH

THURSDAY, NOVEMBER 19, 2026

ITALIAN SPAGHETTI

gluten-free pasta available per request

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	475mg	16g	8g	45g	40mg	2g

CRUSTLESS BROCCOLI QUICHE

VG

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
215	480mg	15g	15g	5g	220mg	3g

HEARTY GARDEN SPAGHETTI

V

gluten-free pasta available per request

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	675mg	15g	2g	48g	0mg	5g

contains wheat
contains egg
contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen

DINNER

THURSDAY, NOVEMBER 19, 2026

KANSAS CITY BEEF SANDWICH

sesame (bun)

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
555	745mg	37g	25g	45g	49mg	1g

HERBED ROASTED CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
135	350mg	22g	5g	0g	105mg	0g

MUJADARA W/TAHINI SAUCE

sesame (tahini sauce)

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	180mg	7g	6g	55g	0mg	5g

contains wheat
contains egg
contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen